

## ABSTRACT OF THE DISCLOSURE

A holographic recording method and a holographic recording apparatus capable of selectively rewriting or erasing only desired data without degrading data other than the desired data are provided. Holograms are multiple recorded per file, and page data in one file is multiple recorded, while page data in one file and page data in another file are not multiple recorded. Therefore, only the desired file can be selectively rewritten or erased without degrading the other files.